



# Ceramic VS Teflon

## Olympic bars

01



Durability

Ceramic has only 1/6 the life span of Teflon  
---- Teflon win.

02



Safety

Ceramic: doesn't break down  
Teflon: easily breaks down  
---- Ceramic win.

03



Environment friendly

Ceramic is more environmentally friendly both in manufacturing and usage.  
---- Ceramic win.

04



Costs

2.2m Men's Olympic Teflon bar is around \$20 cheaper than ceramic bar (bulk order price).  
----Teflon win.

